

## Lt. Gov. Tim Murray meets Chinatown Residents

By Faye Zheng



Tim Murray (fourth from right) posing with attendees.

Massachusetts Lt. Gov. Tim Murray discussed with and listened to concerns of Asian American community in a town meeting co-hosted by the Governor Patrick's Asian American Commission and Asian American Civic Association in Chinatown, on September 10.

Murray said the governor's philosophy is "embracing the diversity," and the governor consistently talks about making sure that the workforce increasingly reflects the diversity of the state.

According to the 2010 Census, the Asian population grew faster than any other race group in the United States between 2000 and 2010. Asian represented 5.6 percent in Massachusetts, and 8.9 percent in Boston.

As reflection of "embracing the diversity" philosophy, the Patrick-Murray Administration has increased the percentage of Asian Americans on state boards and commissions dramatically over the last five and a half to six years. The Governors' team has appointed over 70

Asian officials compared to one during the previous administration.

"Your voice, your advocacy are making difference, and more important, your participation," said Murray.

A bilingual ballot has been a major concern expressed by the audience during the meeting.

Henry Yee, co-director of the Chinatown Resident Association, said he was frustrated with the process of bilingual ballots.

"The Asian-American community has been fighting for seven years for bilingual ballots," said Yee, "We don't want to be doing this for another seven years."

"Philosophically, we want to support and encourage anything that will make it easier for people to vote," Murray responded. He also expressed by the end of the meeting that he is willing to have more conversations with Chinatown residents.

## 華人醫務中心熱烈慶祝成立40週年

鄭遠飛報導

9月8日晚上，華人醫務中心（South Cove Community Health Center）與超過500名到場的嘉賓，在肯尼迪圖書館及博物館舉行了40週年的慶祝典禮。董事會成員陳炯文（Herman Lee）和唐哲君（Stephen Tang）在慶祝典禮上獲頒發「人道精神獎」。

華人醫務中心的行政主任衛優俊（Eugene Welch）在開幕詞中說到：「我們衷心感激你們的支持並誠邀你們一起加入我們共同邁進21世紀。我們將繼續建立一個堅實的基礎去提供高文化特色、高品質和富有同情心的服務於我們的亞裔社區。現時，我們共有230名員工，服務共27,000名患者。每年大約有160,000名訪者來到華人醫務中心。」

衛優俊介紹說，華人醫務中心75%的患者都是處於聯邦低收入水平的，其中超過有90%的患者是使用亞洲語言作為第一語言的。

會上，華人醫務中心創始人張黃玉鶯和阮陳金鳳為董事會成員陳炯文和唐哲君頒發了「人道

精神獎」。

1965年，美國的第一間社區醫療中心Columbia Point Health Center「CPHC」開幕。在那時，美國亞裔移民是最缺乏醫療的人群。健康工作服務組和波士頓華人社區健康服務董事會的成員把「CPHC」社區醫療中心的模式帶到了波士頓華裔群體中並創立了獨特的健康、文化和語言所需要的醫療服務。1972年，華人醫務中心正式對外開放。在參與華人醫務中心活動的過程中，陳炯文和唐哲君受到啟發，將職業生涯從工程設計改變為醫療領域。他們都為華人醫務中心服務達30余年。

陳炯文表述了他對華人醫務中心的共同想法：「在這40年中，華人醫務中心已成為我們靈感和滿足感的來源，我們在華人醫務中心的義務工作令我們非常的滿足。我們希望下一代的義務人員和員工可以像我們一樣，在華人醫務中心找到滿足感。」

下接中文頭版



張黃玉鶯（左）和阮陳金鳳（右）為陳炯文（中）頒發「人道精神獎」。

## Mayor Menino vetoes City Council's Redistricting Map

By Teresa Cheong

Boston Mayor Thomas M. Menino vetoed the City Council's controversial plan on redrawing political districts on September 6, saying the map does not fairly represent citizens of color.

"The plan concentrates our many citizens of colors into too few districts, and in doing so may limit their equal opportunity to elect candidates of their choice," Menino said in a letter to the City Council.

He added that the overconcentration of minority population in District 4 is a "particular concern" as 95 percent of the district's voting age population would have been Non-White.

"In a city where diversity is found broadly, I ask that you endeavor to avoid over-

concentration of minority voters," said Menino.

The Communities of Colors Coalition, which includes representatives from Boston's minority populations, had previously sent out a press release threatening to sue the city if the plan was approved. They suggested that the plan would be a direct violation of the Voting Rights Act of 1965, which prohibits voting practices or procedures that dilute minority voting strength.

The redistricting map was passed with a narrow 7-6 vote by the council in August after 16 months of negotiation. Councilor Bill Linehan, chairman of the Redistricting Committee, proposed the map and was supported by Councilors Frank

Baker of Dorchester, Mark Ciommo of Brighton, Robert Consalvo of Hyde Park, Salvatore LaMattina of East Boston, Stephen J. Murphy of Hyde Park, and Matt O'Malley of Jamaica Plain.

Voting against were Councilors Tito Jackson of Roxbury, John R. Connolly of West Roxbury, Charles Yancey of Dorchester, Ayanna Pressley of Dorchester, Felix G. Arroyo of Jamaica Plain, and Michael P. Ross of Mission Hill, who expressed a similar concern with the mayor.

Councilor Arroyo said he was grateful for the mayor's veto in a statement.

SEE REDISTRICTING MAP ON PAGE 3

### HIGHLIGHTS

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華人醫務中心40週年慶  
中文第一版



## COMIC

**Empty Bamboo Girl: The Mundane & Sublime Adventures of a Girl Named ah-Lin!**

by Lillian Chan



9-10-12

for more ah-Lin!, become a Facebook fan at [www.facebook.com/ahLinTheComic](http://www.facebook.com/ahLinTheComic)

## EVENT CALENDAR

**Bamboo Circle's 90s Dance Party Fundraiser**  
Saturday, September 15,  
8pm-11pm  
BCNC, 38 Ash Street,  
Boston, MA 02111

BCNC's young professional network, Bamboo Cycle, is hosting its major annual fundraiser on September 15th with a 90s themed dance party at BCNC. Be nostalgic by dressing up and dancing to the greatest hits of the 90s, while donating to a great cause!

There will be Best Costume awards, a raffle to win a \$100 Zipcar gift certificate, and OPEN BAR (21+ only – beer and wine). Bring your best dance moves and purchase your ticket today! All proceeds benefit the Youth Center.

Contact: Marikay Martin.  
Phone: 800 323-4040 ext. 7466. Email: [mmartin@cap.org](mailto:mmartin@cap.org)

**Free help filling out naturalization application**  
Saturday, September 15  
Boston Chinatown Neighborhood Center  
38 Ash St, Boston, MA  
(Tufts Medical Center T stop)

You must be able to speak, read and write at least basic level English. Free help filling out your naturalization application and learn about which documents you need.

To sign up, please call: 617-635-5129 x1029 – ask for Fred

**Free Tai Chi Classes**  
Sunday, September 16,  
9-10am  
Near Boston Chinatown Gate

Professional Tai Chi teacher and Taoist monk Zhou Xuan Yun offers free classes in the Rose Kennedy Greenway near the Chinatown Gate every Sunday from 9-10am.

**BSC Free Guest Day**  
Wednesday, September 19  
7am - 10am  
Boston Sports Club  
Boston, MA

Boston Sports Clubs celebrates their 38th year anniversary with all Bostonians, opening their doors for a Free Guest Day. All BSC locations will allow non-members looking to sweat it out to use their facilities throughout the day. Attendees are invited to come try a new class, meet with instructors and experience the fitness facility first hand.

**State House Young Leader Symposium**  
Friday, September 21,  
9am-3pm  
The State House, Great Hall. Boston

The Massachusetts Asian American Commission hosts its Young Leader Symposium at the State House.

For more information, call 617-367-9333, ext 662.

**College Festival**  
Saturday, September 22,  
12pm - 7 pm  
Hynes Convention Center  
Boston, MA

CollegeFest is the BIGGEST back-to-school annual festival experience for college students throughout New England!

Party with over 15,000 undergrads and receive the most innovative and unique products and services from your favorite local and na-

tional companies!

Receive FREE swag, enter to win AWESOME prizes, participate in EXCITING stage contests and listen to LIVE music from local and national artists.

**Free Outdoor Swing Dance**  
Sunday, September 23  
2:30pm-5pm  
Charlestown Navy Yard  
Boston, MA

Free Swing Dance event at Charlestown Navy Yard Pier 4. Come dance for free by the water to DJ'd music from the 20s, 30s, and 40s. No partner required. If you don't know how to dance, we will give you a quick lesson on request. Or you can listen to the music and watch some energetic and beautiful dancing.

**Oak Street Fair**  
Saturday, September 29

11am-2pm  
JQS School  
885 Washington Street  
Boston, MA

BCNC's 27th Annual Oak Street Fair is Saturday, September 29 from 11-2pm. OSF is a special day for the children and families in Chinatown to play games and participate in a fun family festival. BCNC is currently looking for sponsors!

For more information, please contact Tina Chien at 617-635-5129 x1054 or [tina.chien@bcnc.net](mailto:tina.chien@bcnc.net)

**Free Breast and Cervical Cancer Screenings**  
Saturday, October 13  
8am-5pm  
Tufts Medical Center,  
South 2 OB/GYN Clinic,  
860 Washington Street,  
Boston, MA

Mandarin and Cantonese language interpreters will

be available for pre-registration calls and during the event. Through this program, uninsured and underserved women ages 21 and older will receive a free Pap test and mammogram (if necessary). Pap test results, physician consultations, and possible follow-up care will be provided the same day. To register call: 617-636-4872

**Boston Asian: YES is recruiting students**  
YES is recruiting students for its 2012-2013 GED preparation program, to begin on September 24. Applicants must be Boston residents, ages 16-21 and signed out of school. Priority will be given to Asian applicants who need support from Asian bilingual/bicultural support staff. For more information, contact William Li at 617-482-4243.

## SAMPAN

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[www.sampan.org](http://www.sampan.org)

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## U.S. DISTRICT COURT - NOTICE

The District of Massachusetts Criminal Justice Board announces the application deadline of

October 10, 2012 for Boston,

Springfield and Habeas CJA Panels.

For more info, go to [www.mad.uscourts.gov](http://www.mad.uscourts.gov), Attorneys, CJA Information.



## Asian community benefits from Treasury's Small Business Banking Partnership

By Joanna Wong



Steven Grossman (middle) posing with Adcotron staff. Photo by East West Bank.

Treasurer Steven Grossman toured Adcotron Inc., an Asian female owned manufacturing company, and a recipient of a \$350,000 loan made by The East West Bank leveraged through the Treasury's Small Business Banking Partnership (SBBP), in South Boston on August 29. Adcotron, a woman and minority-owned enterprise, offers a unique case study, and the loan sends out a signal to the Asian community that the Commonwealth is open to do business.

"SBBP levels the playing field, and this event encourages customers who may be tentative to apply for a loan," said Treasurer Grossman, recalling a round-table discussion that he held in Chinatown in 2009, when Asian business owners expressed concerns about lack of technical assistance and barriers to market and capital access. "SBBP's fundamental principle is to keep loans in Massachusetts in order to serve small businesses. [It] has been a powerful catalyst in bringing back business."

Adcotron, a contract manufacturer of electronics and mechanical devices, nestled in the Marine Industrial Park in South

Boston's new Innovation District, taking up 35,000 square feet of space. Agnes Young, the CEO and founder of Adcotron, was raised and educated in Hong Kong. The full-service manufacturing company has grown from 15 to 70 employees and now caters primarily to the medical, defense/homeland security, telecommunications, and alternative energy sectors.

The loan from East West Bank will be used on leasing additional space and hiring 10 new employees to expand business.

"With the loan, Adcotron is more certain about its competitiveness," said Young.

The Small Business Banking Partnership moves Treasury cash reserve funds typically held by large national and international financial institutions and deposits them in amounts of up to \$10 million in Massachusetts banks. In exchange for the infusion of new deposits, the banks sign a Memorandum of Understanding (MOU) signaling their intent to enhance their loan portfolios to small credit-worthy Massachusetts businesses. To date, the Small Business Banking Partnership has loaned to

48 banks and generated 2500 new loans worth \$360 million.

The East West Bank is one such bank that signed a Memorandum of Understanding to enroll in SBBP. According to Johnny Ip, Senior Vice President of East West Bank, loan offers are extended to small businesses based on consideration of 4 C's: character, cash-flow, collateral, and capitalization. In addition, he examines whether the business is honest, credit-worthy, and a good corporate citizen. Adcotron certainly fits the bill.

"Adcotron is a success story. It is about an immigrant fulfilling her American dream. With the loan, Adcotron will be able to create a ripple effect in Boston's economy," Ip adds. According to him, another four or five small businesses are also seeking partnership with the East West Bank.

All deposits that the Treasury makes in these community banks are protected through either insurance or collateral, and the interest rate on the money is comparable to what the Commonwealth receives at out-of-state financial institutions.

they would move forward on a new map.

"It has always been the intention of the Council and the Committee to create a map that represents all interests of the city," said Murphy in a statement.

Redistricting occurs nationwide every ten years based upon the U.S. Census. The city of Boston must redraw the redistricting map by November, a year before the next municipal election in 2013.

would have an adequate representation for the people of color," said Liu. "The [Communities of Colors] Coalition and NAACP are hosting a community forum on September 18 to discuss further actions on the redistricting plan. The Chinatown residents are encouraged to weigh in on the discussion."

City Council President Stephen Murphy said the mayor had given thoughtful review and suggestions to the council and

CONTINUED FROM PAGE 1

## Mayor sent redistricting map back to drawing board

"I voted against the map because I believed we could do better. This is an opportunity to pass a map that best reflects our city and ensures everyone can have a voice in our government," he said.

Mark Liu, deputy director at the Chinese Progressive Association, was also happy that the mayor stood for the communities of color.

"We will continue to engage city councilors and make sure the new map

## Weston High School named Boston's Best School 2012

Based on data collected in 15 different categories, Boston Magazine published in September Boston's Best Schools 2012, ranked top 50 high schools in Boston and Boston Suburbs. Weston High School was named the number one best school in Massachusetts.

The top ten high schools on this list are: Weston High, Lexington High, Dover-Sherborn Regional High, Concord-Carlisle

High, Wellesley Senior High, Wayland High, Newton South High, Sharon High, Acton-Boxborough Regional High School and Bedford High School.

The list was based on an annual in-depth survey carried out by Boston Magazine in summer. With a focus on public high schools this year, it dug through databases from the Massachusetts Department of Elementary and Secondary Education.

The ranking used a formula that incorporates 13 different data points. The most weight was given to academics, including performance on the MCAS, the SATs, and AP exams. It also factored in both graduation rates and the percentage of students who go to college. Student-teacher ratio and per-pupil spending, the number of sports and clubs offered, are also considered.

## Fenway High School recognized as 2012 National Blue Ribbon School

The U.S. Department of Education named Boston Public School Fenway High School as one of this year's National Blue Ribbon Schools on September 7. The designation is given to schools that achieve overall academic excellence and have success in closing achievement gaps.

This is the third consecutive year that a

Boston Public School has received this honor. Last year, Boston Latin School earned the designation. In 2010, Boston Latin Academy and John D. O'Bryen School of Math and Science were recognized.

Fenway High School has a waiting list of approximately 700 students for its 320 seats. Earlier this year the Boston School Committee

approved a plan to expand the school by more than a hundred students. Fenway will move into a fully renovated, state-of-the-art building in Mission Hill next year.

Just 269 schools around the country received the Blue Ribbon honor this year, and just four in Massachusetts.

# MARK THE DATES!

## Boston Water and Sewer Is Coming to Your Neighborhood

A Boston Water and Sewer Commission Community Services Department representative will be in your neighborhood at the place, dates, and times listed here.

Our representative will be available to:

- ✓ Accept payments. (Check or money order only—no cash, please.)
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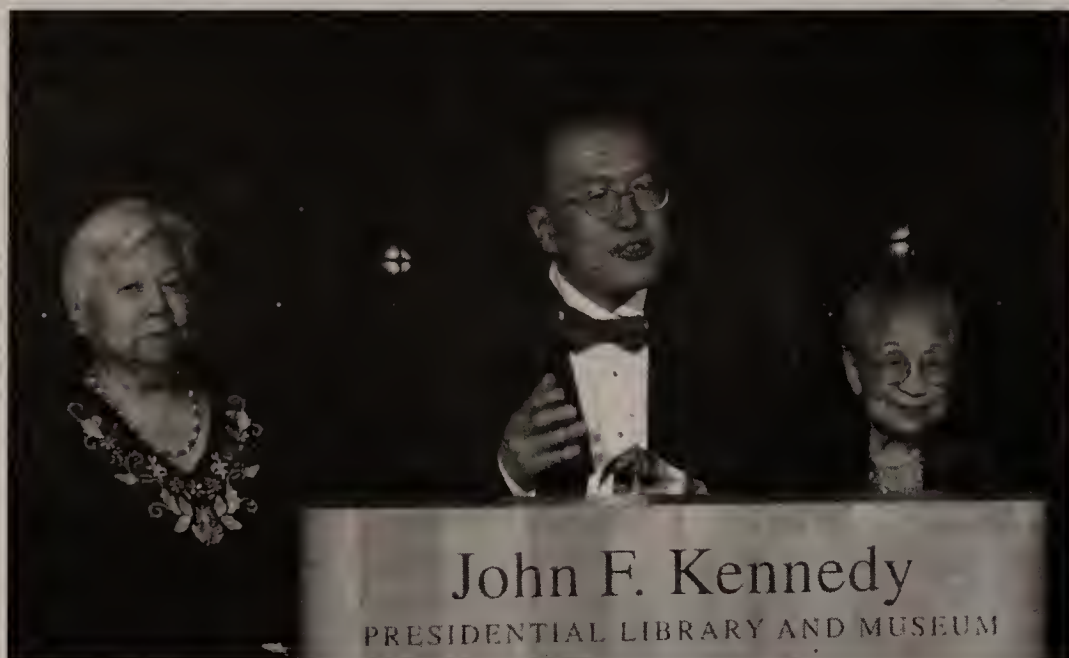
**CHINATOWN**  
Chinese Consolidated  
Benevolent Association  
(CCBA)

90 Tyler Street  
Thursdays, 12–1 PM  
September 13  
October 11

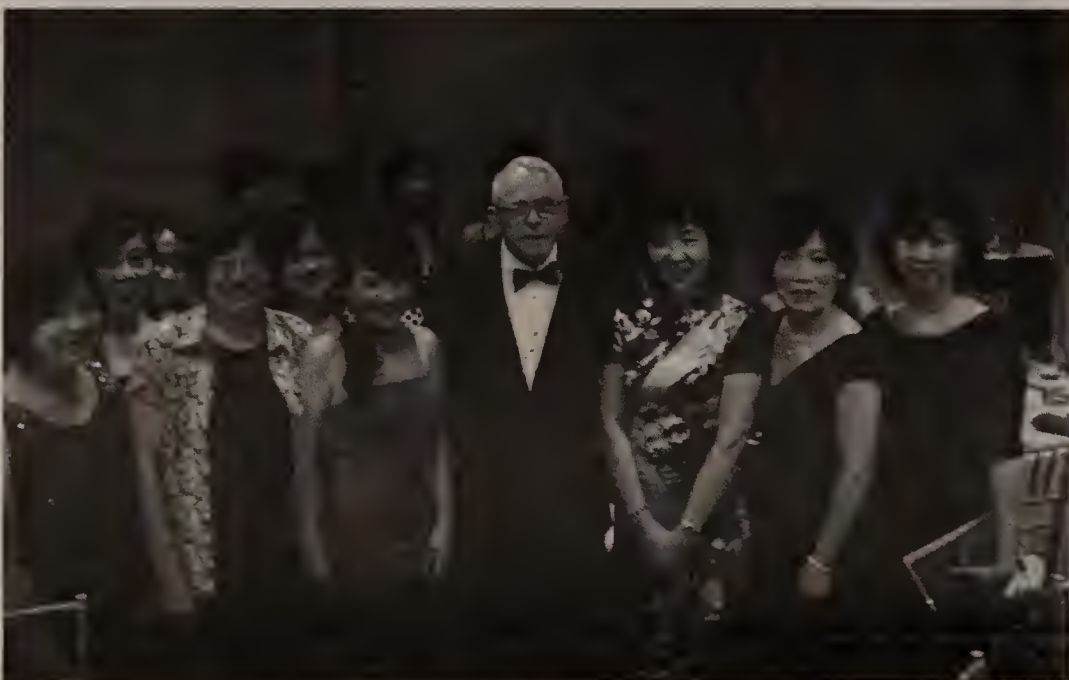


## South Cove Community Health Center celebrates 40th Anniversary

By Faye Zheng



Caroline Chang (left) and Amy Guen (right) presenting Humanitarian Award to Dr. Herman Ging Lee (middle).



SCCHC staff posing with executive director Eugene Welch (middle).

South Cove Community Health Center (SCCHC) celebrated its 40th Anniversary Celebration in John F. Kennedy Library and Museum on September 8 evening with over 500 guests. Board members Dr. Herman Ging Lee and Dr. Stephen Victor Tang received Humanitarian Award.

"We thank you for your support, and we invite you to join us in moving forward in the 21st century as we continue to build on a strong foundation to provide culturally-competent, high-quality, cost-effective, and compassionate services to the Asian American communities," said Eugene Welch, executive director of SCCHC, in opening speech, "We now have 230 staff serving 27,000 patients, with 160,000 visits each year."

According to Welch, 75 percent of SCCHC's patients are below the federal poverty level and over 90 percent of them speak an Asian language as first language.

SCCHC co-founders Caroline Chang and Amy Guen presented the Humanitarian Awards to board members Dr. Lee and Dr. Tang.

The first community health center in the nation, Columbia Point Health Center (CPHC), opened in

1965. At that time, Asian American immigrant population was among the most underserved populations. A community conference was organized by the Chinese American Civic Association, which is now the Asian American Civic Association, to recruit more volunteers to help advance health concerns of the Chinese Community in Boston. The Health Task Force and later the Boston Chinese Community Health Services board of directors worked to bring the CPHC model of care to Chinatown with its own unique health, cultural and language needs. As a result, SCCHC first opened its doors in 1972. Inspired by SCCHC, Herman Ging Lee and Stephen Victor Tang changed their career from engineering to medicine. Both of them have been involved with the SCCHC for over 30 years.

"For 40 years, SCCHC has been a source for inspiration and satisfaction," Dr. Lee and his wife Fay expressed their collective thoughts about SCCHC. "We have found great personal satisfaction in our volunteer works with SCCHC. We hope that the next generation of volunteers and staff find their association with SCCHC to be as enriching as satisfying as it has been to us."

Dr. Tang considers his involvement at SCCHC as the most fulfilling aspect of his volunteerism.

Janet Wu of WCVB-TV5 served as mistress of ceremonies. John M. Auerbach, commissioner of Massachusetts Department of Public Health, and Carl Isihara, Chairman of Harvard Vanguard Medical Associates Board of Trustees, were the keynote speakers.

Auerbach praised SCCHC's contribution to the community for 40 years. He considered SCCHC as "a good example to the rest of medical centers." He also claimed that the new clinic in Quincy may be "the most beautiful health center in Massachusetts."

Isihara shared with the audience his personal experience as an immigrant, emphasizing the importance of community health care services.

Congressman William R. Keating and State Representative Tacky Chen also joined this event. A short video introducing SCCHC's 40 years of history was played during the celebration. Chinatown Community leaders such as Frank Chin and other supporters of SCCHC expressed their congratulations in this video.

## Dream Relief takes effect

Thousands of young, undocumented immigrants will be able to take advantage of the executive order declared by President Obama in June. The Department of Homeland Security has started to accept application for the Deferred Action for Children Arrival (DACA) on August 15.

The deferred action order, dubbed "dream relief", will allow undocumented immigrants aged 15 to 30 to put off the threat of deportation for two years, and also allow them to pursue studies and work opportunities.

The following is a list of eligibility guidelines suggested by the Department of Homeland Security for DACA applicants:

- Were under the age of 31 as of June 15, 2012;
- Came to the United States before reaching year of 16th birthday;
- Have continuously resided in the United States since June 15, 2007, up to present time;
- Were physically present in the United States on June 15, 2012, and at the time of making your request for consideration of deferred action;
- Entered without inspection before June 15, 2012, or your lawful immigration status expired as of June 15, 2012;
- Are currently in school, have graduated or obtained a certificate of completion from high school, have obtained a general education development (GED) certificate, or are an honorably discharged veteran of the Coast Guard or Armed Forces of the United States; and
- Have not been convicted of a felony, significant misdemeanor, three or more other misdemeanors, and do not otherwise pose a threat to national security or public safety.

In Massachusetts, there are many community organizations offering free DACA application assistance. They include the Asian American Civic Association, Massachusetts Immigrant and Refugee Advocacy Coalition, Brazilian Immigration Center, Brazilian Women's Group and Greater Boston Legal Services, Irish International Immigration Center; Center for New Americans and Student Immigrant Movement.

**springwell**

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Springwell, a private, non-profit organization founded in 1977, is dedicated to promoting independence, dignity and well-being among elderly and individuals with disabilities through quality, affordable home and community-based care.

We are looking for a **Case Manager** to be part of a creative interdisciplinary team to conduct home visits, assess consumer needs, develop and manage service plans and act as an advocate for consumers. The Case Manager balances their schedules visiting consumers in their homes and working in the office taking phone calls from consumers, coordinating services and participating in team meetings. Full-time (37.50 hrs) with four day work option.

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## Tufts Medical Center and Vanguard Health Systems launch new Health Insurance Plan

Tufts Medical Center, its New England Quality Care Alliance (NEQCA) physicians network and the Nashville-based Vanguard Health Systems announced on August 31 that they are sponsoring a new health insurance plan, Minuteman Health Initiative, which has received an \$88.5 million loan from the Centers for Medicare and Medicaid Services (CMS).

According to a release sent on August 31, the new member-governed, non-profit health insurance option for Massachusetts residents intends to offer consumers and employers lower-cost, high-quality care with unprecedented transparency, as well as increased efficiency and satisfaction for physicians, patients and employers alike.

The release also mentioned that the initiative will allow plan members to elect the Minuteman Board of Directors, which has a member majority. Any surpluses from the plan will be used to ben-

efit members, either by lowering premiums or improving coverage.

Minuteman's network will include the hospitals and doctors of Tufts Medical Center and Floating Hospital for Children, physicians in the NEQCA, and Vanguard-owned MetroWest Medical Center and Saint Vincent Hospital.

"This smart new model for health plans will further our revolutionary legacy and our focus on quality and efficiency by providing great new health insurance options to small businesses and individuals," said Eric Beyer, President and CEO of Tufts Medical Center and Floating Hospital for Children.

Minuteman's members will have easy access to their health records, which allow providers to see what services their patients are receiving in order to better manage care, according to the release.

Employers will also have

access to information about the overall health of their workers to help tailor wellness programs with their employees' providers, and members will be able to see what services in order to better plan for their future costs.

"[Minuteman Health Initiative] is the first such venture in Massachusetts to be funded through the Affordable Care Act. The ACA encourages innovation in the structure and governance of health plans, as hospitals and doctors seek to control cost and improve quality of care," said Congressman Mike Capuano.

Upon receiving the necessary approval from the Massachusetts Division of Insurance, Minuteman would begin insuring members no later than January 2014, as required by CMS. The plan will be offered through the state Health Insurance Connector and through broker sales channels.

## BHA finalizes Smoke-free Housing Notification

BHA Administrator Bill McGonagle is pleased to announce that public housing in Boston is going smoke free; residents across the city will receive their final official notice that as of September 30, 2012 the BHA Non-Smoking Lease Addendum will become effective. This policy is expected to make Boston the largest city in the country with such a ban in place.

"The City of Boston is proud to be on the forefront of having smoke-free living in our public housing," Mayor Menino said. "All our residents deserve a safe, healthy environment to live and raise their families in."

Last January, resident households began signing lease addendums whereby the head of household agrees that each household member and guest or visitor shall refrain from smoking in their apartment, anywhere in their building and within a specified distance from the building. Residents who did not sign the lease addendum will still be required to comply with the non-smoking policy.

"We are excited to implement this policy for the well-being of all of our residents," said McGonagle. "This creates

a healthy environment for everyone, especially children, residents suffering from asthma, and our elderly who are afflicted with emphysema and cardio vascular disease."

The U.S. Department of Housing and Urban Development (HUD) approved the BHA's Non-Smoking Policy in August 2011. The BHA receives transfer requests on a regular basis from current residents requesting housing free of second-hand smoke. These transfer requests document the hazards that second-hand smoke is causing for BHA residents, many of whom are elderly or children with asthma, cancer or other illnesses. When surveyed, approximately 90 percent of BHA residents across the city, including those who smoke, reported that they support a non-smoking housing environment.

According to the Centers for Disease Control and Prevention, there is no risk-free level of contact with secondhand smoke; even brief exposure can be harmful to health. Secondhand smoke exposure causes an estimated 3,400 lung cancer deaths annually among adult nonsmokers in the United States. It is responsible for approximately 7,500-

15,000 hospitalizations annually of children aged 18 months and younger in the United States.

"There's always been a non-smoking policy in my house, but this policy has changed a lot for residents that have younger children with asthma," said Bob Juliano, a resident in Old Colony Phase One where a non-smoking policy is already in effect. "People pretty much follow the rules here and most smokers even go off the curb to a different side of the property to smoke."

The BHA Smoke Free Policy does not prohibit individuals who smoke from living in BHA owned and managed properties. The policy does, however, prohibit smoking in BHA owned properties. The failure of a member, visitor or guest to comply with the policy will be a violation of the family's public housing lease and may lead to the assessment of a charge of up to two hundred and fifty dollars and actions to enforce the lease.

This information is provided by Boston Housing Authority. The BHA Smoke Free Policy and lease addendum can be found on the BHA's website.

## NAAAP's 1st Annual Leadership Forum Highlights Actions to shape Careers

By Joanne Wong

The National Association of Asian American Professionals (NAAAP) Boston chapter hosted its first annual Leadership Forum on September 10. The professional development event, held at the Hilton Back Bay Hotel, featured a panel discussion and career fair, and brought together young professionals from various industries.

The theme of the night was "Mirroring Our Blind Spots". Other discussion topics included the importance of utilizing resources, the differences between mentors, coaches, and sponsors, and the distinction between transformational and transactional leaders.

Next door to the panel discussion was a career fair, where participants were able to meet with NAAAP sponsors. The fair gave participants an opportunity to learn more about the companies, which support diversity inclusion, and to learn more about current job openings.



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Weston Town Hall**

**Applications accepted:  
Through November 1, 2012 1:00pm**

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**Application and Information:**

**Housing@Sudbury.Ma.US**

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**Application deadline is October 22, 2012**

**Lottery to be held November 7, 2012**

For an application or questions, contact

**HECH at 508-432-0015**

Applications available at **HECH.org**





## Blood Glucose Management for Elders



By Zhanglin Kong, MS, RD. Registered Dietitian at Greater Boston Chinese Golden Age Center (GBCGAC).

Asian Americans may have a lower body weight, but they have a higher risk of developing type II diabetes than Caucasians due to a combination of genetic and environmental factors. The chance of getting type II diabetes also increases with age.

Many Chinese elders have chronic diabetes, and a number of them have elevated blood sugars, but who have not yet qualified for a diagnosis of diabetes. We cannot do anything to slow down or reverse the aging process, but eating healthy, staying active and keeping an ideal body weight can reduce your risk of developing Diabetes.

A fasting blood glucose test is commonly used to diagnose diabetes. Normal blood glucose levels are between 70-100 mg/dL. Having a level of 126 mg/dL or higher means

you have diabetes. A reading between 100-125mg/dL means you have "impaired fasting glucose", which is often referred to "pre-diabetes." It increases your risk for developing type II diabetes. Generally, for those with test results higher than 126mg/dL, taking early actions will get your blood glucose under control.

To maintain a normal blood glucose level, you should keep a close eye on your daily carbohydrate intake. You should avoid high carbohydrate food such as sugar, starch food, fruit, milk and starchy vegetables like potatoes and corns, etc. Starch food, such as rice, noodle and steamed buns are the staple food for most Chinese elders, and their intake should be properly portioned. The principle is to eat the same amount of starch at each meal every

day. If you don't usually eat an after-meal dessert, a two-third bowl of rice, a cup of milk or a medium size fruit will provide a good amount of carbohydrate in one meal, given that your body weight is normal. If you need a restricted diet plan to closely monitor your blood glucose level, please contact your doctor to refer you to a registered dietitian.

I will also recommend you to start a high-fiber diet to control your blood glucose level. Fiber is a type of carbohydrate that our body cannot digest and does not elevate your blood glucose level. Fiber can be found in whole grains, vegetables and fruits, beans and nuts, etc. Food with insoluble fiber like whole wheat bran does not completely dissolve in water, which keeps your digestive system healthy. Consuming a

large amount of food with soluble fiber, such as oatmeal and fruits, can help you better control your blood glucose level and lower your cholesterol level.

Physical activity is an effective way to control your blood glucose level as it increases your body's sensitivity to insulin, which will lower your blood glucose. In addition, exercising helps you prevent or

manage high blood pressure, which is a primary leading factor to the most common co-morbidity of diabetes—cardiovascular disease. Being physically active also helps you achieve or maintain an ideal body weight, which is also important for blood glucose control. Try to stay active for at least 30 minutes a day, most days of the week, by either doing regular physical exercises or simply accumu-

lated daily activities.

These may seem a lot of hard work for the elders. Yet, all the dietary and exercise habits we discussed not only help to control blood glucose, but also maintain a healthier lifestyle that prolongs your life. Make a change in your life starting today and build a healthier body!

## Biomedical Advances of Autism 2012



Photo by Niu Jianghe.

The American Chinese Medical Exchange Society (ACMES) held its second conference of "Biomedical Advances of Autism 2012" at McLean Hospital on August 26. It attracted about 150 participants, who are healthcare professionals and parents from the New England area and beyond. The informative full-day conference consisted of three panel discussions and a keynote speech by Dr. Martha Herbert, and was a great success.

Opening remarks for the conference were offered by Dr. Xuejun (June) Kong, the president of ACMES. She pointed out the fact that Autism spectrum disorder (ASD), being the fastest-growing complex neurological development disorder and continuing to rise in prevalence, now affects 1 in 88 children in the US --- it has become a huge healthcare burden and global threat. Autism awareness promotion and education, patient care, and research have been a major focus of ACMES through the years. Its North American Journal of Medicine & Science has just published the second special issue for Autism, which includes 11 top level peer review autism articles by experts in the field such as Sidie Baker, Elizabeth Simpson, Mary Mody,

Georgina Garcia, Richard Frye, Randall Rasmusson, Michelle Hartley-McAndrew and Rich Lord. Dr. Kong urged Autism clinicians, researchers, psychologists, educators, and parents to work together to understand various aspects of autism and research possible cures, in order to help the millions afflicted with the condition, as well as their families.

Dr. Martha Herbert, Pediatric Neurologist of MGH/Harvard Medical School, well-known autism expert and author of the new book Autism Revolution, served as the keynote speaker. In her speech, she illustrated autism spectrum disorder as a systemic disorder, and elucidated the important role in the pathogenesis and strikingly increased incidence of autism played by various environmental factors and their interactions with genes. More than 100 genes are found to be related to autism. However, in Dr. Herbert's view, most of them do not play a causative role. We live in a toxic world, she pointed out, and there are as many as 287 kinds of toxic chemicals in the umbilical blood, 217 of which have neurotoxic effects. These toxins can cause immune dysfunctions, GI disturbances, metabolic disorders, and other damage,

through largely unknown mechanisms.

Following the keynote, the conference offered three major panel sessions: "Traditional Chinese Medicine and acupuncture perspective in Autism therapy", "Autism research and renovation", and "Biomedical advances of autism", in which more than ten speakers and panelists offered their insight and experience as experts in the field. The topics covered include latest treatment methodologies, findings from basic research, epidemiology and clinical trials, treatment strategies, the effects of toxic chemicals, patient food intolerances, auditory dysfunctions, and negative social impacts suffered by victims.

A special art exhibit by a group of autistic children also captured the attention of many visitors during the conference. After the sessions, more than 50 attendees, as well as speakers and organizers, continued pertinent and vibrant discussions at the dinner table, concluding what proved to be a day of very meaningful gathering.

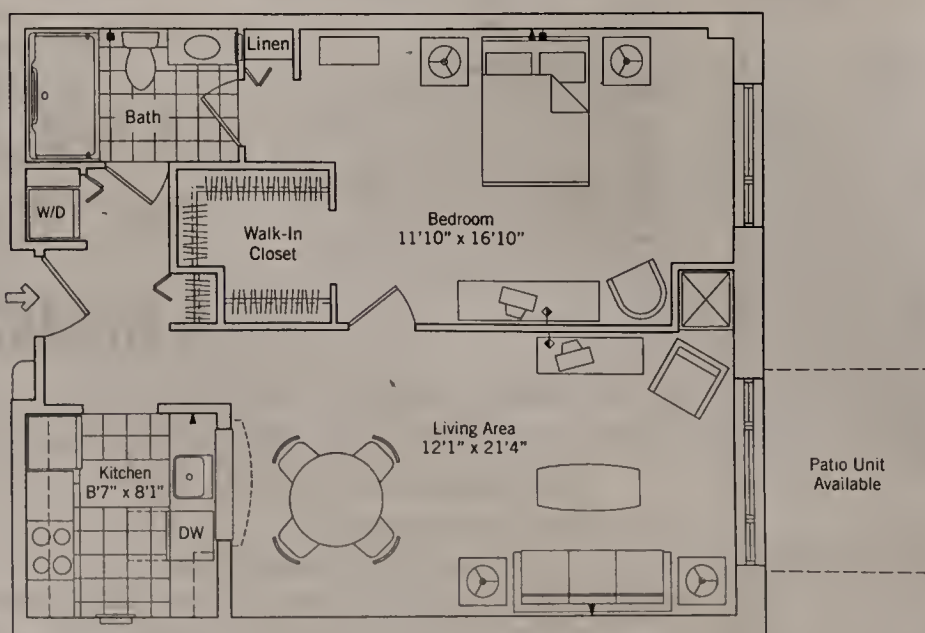
Article by ACMES; Photo by Jianghe Niu

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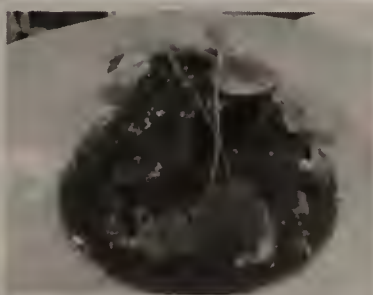
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Anna Ing  
A Food Aficionado

## Shojo



Photos by Anna Ing

A much needed breath of fresh air has arrived on Chinatown-Shojo (9A Tyler Street, Boston. 617-423-7888), named after a sake loving red haired and faced half man and half monkey, you can find the lovely and colorful murals decorating one wall and documenting Shojo and his quest for sake. It is a two year labor of love for owner and Chinatown community leader Brian Moy (who has twenty years of restaurant experience as GM of China Pearl in Quincy) to bring this establishment serving Asian fusion that is fresh and locally sourced served along with delicious house-made and infused liquors drinks. The décor is chic and modern, creating a relaxing and sophisticated atmosphere. Brian wanted a place where he and his friends could relax, have a good drink and food in Chinatown. He has succeeded in spades!

We started off with the special of the day, Lobster Bisque. We were intrigued by the truffle foam, monkfish liver, with the kimchee butter clarified lobster which instantly got our attention. The broth and all the elements complemented each other nicely with the taste of lobster. Suckling Pig Bao were two mantou buns (steamed Chinese buns) filled with delicious and flavorful suckling pig topped off by zesty shredded homemade kimchee, BBQ sauce, shaved cucumber and Jalapeno all

adding the right amount of zing and heat. We quickly regretted not ordering more of these baos, easily the best pork baos ever! Plus the suckling pig is roasted daily! The Duck Fat Pomme Fries were delicious, served with the sriracha aioli.

Another special of the day was the Corn Crusted Cat Fish with a sweet chili glaze. The portion was generous with a light dusting of the corn crust. The fish sauce was a bit strong for this dish, otherwise it was light and the dish was strongly redolent of Thai flavors. Also we got the Braised Ribs which were melt off the bone tender served over taro mash, Chinese spinach with a lovely star anise sauce. Taro had a mild taste but was a great accompaniment to the star anise sauce with the lovely braised ribs which thoroughly were amazing! Kudos to Chef Nick Lee formerly of Franklin Café for his awesome food sensibility combining flavors as a welcome addition to Boston's dining scene not just in Chinatown alone.

We had some wonderful drinks. The syrups are made in house as well as their infused liquors. Their non-alcoholic options House Tonic and Ginger Beer were refreshing. Both were made with house syrups. Usually we both dislike Tonics, but this one blew us out of the water with its taste making it sublime mix of tonic syrup-made from quinine,

bitters, lime and soda water. Their Ginger Beer maintained a very balanced ginger flavor without being overpowering or sweet. Their Dinghow Cocktail with Hendricks Gin, Lillet Rose, Lemon, Simple Syrup, and Rose Champagne shined for those not seeking an overly fruity or powerful drink. The bubbles and the crisp flavors were soothing and welcomed.

The service was amazing and attentive from Hannah as well as everyone else. Our water glasses were always refilled without us having to ask and we were not rushed to leave even after we paid our bills.

I am very excited to now have a place for drinks in Chinatown. On September 19th there will be a Suckling Pig multi course tasting and please call them for more details.

## JOB TIPS FROM THE U.S. LABOR SECRETARY

By Hilda L. Solis

By 2020, 17 of the 30 fastest-growing occupations will require a postsecondary certificate or degree. In fact, employers are actively looking to fill nearly 4 million job openings in America right now. Getting the skills employers want and need are critical to a successful career.

Here are a few tips:

- Get started! Your first step is to check out your local American Job Center. These nearly 3,000 "one-stop-shops" are part of a nationwide network where you can work with experts to update your resume, strengthen interview skills and explore current job openings. Find your local center by visiting [CareerOneStop.org](http://CareerOneStop.org).
- Looking for a fresh start? Check out [MySkillsMyFuture.org](http://MySkillsMyFuture.org) to discover different careers that build off of your

existing skills, connect you to free training programs and even find employers in your area looking to hire. The site also shows how much different jobs pay near you or across the country, as well as the additional skills you'll need to succeed.

- Not sure what career is right for you? Visit [MyNextMove.org](http://MyNextMove.org) to find the job that's the perfect fit. Fill out a questionnaire listing your interests and abilities, and get suggestions for different employment paths in more than 900 careers. This site will also identify local apprenticeship and certificate programs to help you train and get a job in high-growth industries.

- Are you a veteran? "My Next Move for Vets" is designed just for you! Enter your military occupation code and the site matches your military skills to civilian jobs. If you're a post-9/11 era

veteran, you can also download a Veterans Gold Card at [DOL.gov/VETS](http://DOL.gov/VETS) to get specialized services from your local American Job Center.

- Don't have Internet access at home? We've partnered with local libraries all around the country to make sure that you always have a place to log on to our online resources. Most American Job Centers offer free access for those looking for a job, too.

- Have more questions? Call us. You can reach our toll-free helpline at (866) 4-USA-DOL for the most up to date resources. Nearly 160,000 people do it each month. And yes, we speak Spanish!

The United States Department of Labor has other resources to help you find a first job, new job or different career. And our services are free.

## AACA hosts 2nd Annual College Day

By Alexandra Lucas

Pursuing higher education is crucial for many immigrant communities because education is considered the proverbial ladder out of poverty. A Wall Street Journal article on September 11 cited a study from the Organization for Economic Cooperation and Development showing that people with a college degree earn about three times more on average than those without a high school diploma.

The AACA Youth Council always consider promoting higher education among diverse populations as its priority. The council members

have previously written a few articles in Sampan providing tips on how choose the right college. On Sept. 30, the Youth Council student leaders will host the Second Annual College Day at AACA.

Our last year's event attracted 15 colleges and over 170 attendees who were eager to get up-to-date information about entrance requirements, campus life, multicultural centers, financial and the application process. Learning that the community lacks support of college access, our Youth Council is hosting a sequel. Over 30 local

colleges are attending the event and we are offering free Chinese and Spanish interpretation.

The College Day will be held on Sunday, September 30, from 11 a.m. - 1 p.m., at the American Civic Association's site at 87 Tyler Street, Boston, MA 02111. Come prepared to ask questions! The more prospective students know about the colleges they apply to, the more likely they are to be successful during the admissions process. To RSVP for the free event, please contact Alexandra Lucas at 617-426-9492 ext. 205, or [alucas@aaca-boston.org](mailto:alucas@aaca-boston.org).

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BCEC Newton Campus  
218 Walnut Street, Newton

#### Mandarin Worship Service

- 9:15am (Boston)  
at the main church building  
249 Harrison Ave, Boston

#### Cantonese Worship Services

- 9:15am (Newton)  
BCEC Newton Campus  
218 Walnut Street, Newton
- 11:00am (Boston)  
at the main church building  
249 Harrison Ave, Boston
- 11:15am (Boston)  
Quincy Elementary School Auditorium  
885 Washington Street, Boston



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(617) 426-5711

[www.bcec.net](http://www.bcec.net)

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Long haired people have the disadvantage when it comes to a face to face assault because the opponent can easily grab on to it.

This self-defense technique is useful for women with long hair. When someone grabs your hair as shown in the picture here, try not to panic.



1) Grab the opponent's wrist with both your hands as shown in the picture.



2) Drag the opponent's wrist towards the ground using both your hands with your body weight.



3) The key to this technique is to use all your body weight and strength to yank the opponent's wrist down to the ground in one quick motion.

Pull down and drag the opponent's wrist until the opponent falls to the ground.



This technique applies the full body weight on to the opponent's wrist to quickly bring down the opponent. For the best results, practicing with a friend is recommended, but use caution to avoid injury.



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2012年9月移民排期表

親屬移民排期表

親屬移民排期	全世界（包括港澳台）	中國大陸	印度	墨西哥	菲律賓	備註
第一優先	2005年10月1日	2005年10月1日	2005年10月1日	1993年6月8日	1994年11月8日	第一優先：美國公民的成年未婚子女
第二優先2A	2010年5月8日	2010年5月8日	2010年5月8日	2010年4月15日	2010年5月8日	第二優先2A：永久居民的配偶及未成年子女
第二優先2B	2004年9月15日	2004年9月15日	2004年9月15日	1992年8月22日	2002年1月1日	第二優先2B：永久居民的成年未婚子女
第三優先	2002年5月15日	2002年5月15日	2002年5月15日	1993年1月22日	1992年7月22日	第三優先：公民的已婚子女
第四優先	2001年3月8日	2001年1月22日	2001年3月8日	1996年6月15日	1989年2月1日	第四優先：成年公民的兄弟姐妹

職業移民排期表

親屬移民排期	全世界（包括港澳台）	中國大陸	印度	墨西哥	菲律賓	備註
第一優先	有名額	有名額	有名額	有名額	有名額	第一優先：杰出人才、研究人員、研究人員教授
第二優先	2009年1月1日	無名額	無名額	2009年1月1日	2009年1月1日	第二優先：跨國公司主管
第三優先	2006年10月1日	2005年12月15日	2002年10月8日	2006年10月1日	2006年8月1日	第三優先：技術勞工及專業人士
非技術勞工	2006年10月1日	2003年6月22日	2002年10月8日	2006年10月1日	2006年8月1日	
第四優先	有名額	有名額	有名額	有名額	有名額	第四優先：特殊移民
宗教工作者	有名額	有名額	有名額	有名額	有名額	
第五優先	有名額	有名額	有名額	有名額	有名額	第五優先：投資移民

活動信息

劍橋沙龍談中日關係

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哈佛大學燕京圖書館聚會廳

2 Divinity Ave.  
Yenching Library,  
Harvard University

加藤嘉一主講《中國人與日本人，誰在誤讀誰？》，藉以誌記中日邦交正常化四十周年，並就近來的釣魚島等問題，探討中日關係的緊張，中日兩國民間的缺乏溝通與了解，彼此存有的各種各樣看法和誤解。

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cambridgeshalong@gmail.com。

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麻州亞美局（AAC）將

舉辦青少年領袖座談會，邀請現任民代出席，和青少年交流如何競選公職，進政府部門實習、就業的機會。查詢可洽617-367-9333，分機662，或上網http://www.aacommission.org。

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九月廿二日，下午一點至五點  
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Secret Missions - an untold story and films)」。入場免費。

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紐英崙華人歷史協會將慶祝廿週年。會中將頒發遊子獎給陳毓璇，鄭與崔出版社創辦人Jill Cheng。餐券會員75元，其他人士一百元。查詳情可洽該會行政主任伍麗華，617-338-4339，或info@chsne.org。

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# 市長萬寧路否決 市議會選區區域重劃

張韻寧報導

波士頓市長托馬斯萬寧路在9月6日，否決了早前市議會所通過的選區區域重劃計劃，他認為這個計劃對少數族裔是不公平的。

萬寧路在給市議會的信中提到：「這個區域重劃計劃將許多少數族裔的市民集中到少數的幾個區域內，這樣做很可能會造成限制他們選擇候選人的平等機會」。

他補充說道，該選區的95%的投票年齡人口將會完全是少數族裔沒有白人，區域4的少數族裔的過分集中是一個「特別需關注」的問題。

他亦說道：「在一個城市裡，我們應該全面發展多樣化，我希望你們可以做到盡量避免少數族裔投票者的過分集中」。

少數族裔聯盟，包括有波士頓少數族裔的代表，在較早前發表了一份聲明，聲明如果這份計劃被通過，他們將會起訴市議會。他們認為這個計劃已直接侵犯了1965年的「投票權法案」，其中的有關稀釋少數族裔投票力量的投票的慣例和程序的條例。

該選取重劃案是今年8月，在通過

16個月的談判後所僅以一票之差7：6的情況下被市議會通過的。該選圖由選區區域重劃計劃主席林乃肯提出，並得到多徹斯特（Dorchester）的Frank Baker、布萊頓(Brighton)的Mark Ciommo、海德公園（Hyde Park）的Robert Consalvo、東波士頓的Salvatore LaMattina、海德公園的不分區市議會主席莫菲和牙買加平原（Jamaica Plain）的歐馬利的支持。

反對該法案通過的有洛士百利（Rosbury）的傑克遜(Tito Jackson)、西洛士百利（West Roxbury）的不分區市議員康納利、多徹斯特的楊西(Charles Yancey)、多徹斯特的不分區市議員普莉斯萊、牙買加平原的不分區市議員小阿若約和Mission Hill的Michael P. Ross。他們反對法案通過的原因都與市長所提出的相類似。

議員Arroyo說道，他對於有機會重新審核選區重劃案感到非常高興。他說：「我對這個計劃投反對的一票是因為我相信我們可以做的更好。這是一個很好的

機會去選擇一個最佳的區域重劃地圖，給予我們的城市最好的影響，讓每一個人都可以對政府發自他們內心的聲音。

中國前進會的副主席劉偉恆對市長支持並站在少數族裔的立場上，感到非常的高興。他說：「我們將會參與到市議會的重新審核當中，為確保新的區域重劃地圖可以充分的代表出少數族裔。全國有色人種協會「NAACP」和少數族裔聯盟，將會在9月18日為這個法案的重新審核舉辦一個社區論壇。我們鼓勵華埠的居民參與此次論壇，並表達他們的意見。」

市議會主席Stephen Murphy說，市長已經給市議會指出了一個全面的複審與詳盡的建議，他們將會邁向一個全新的區域重劃地圖。他說道：「市議會和委員一直把創建一個可代表所有城市利益的地圖作為主要宗旨。」

國內的區域重劃將會基於美國人口普查情況十年進行一次，波士頓市必須在2013年的市政選舉的一年以前，亦即是今年11月前，通過區域重劃的計劃。

# 華埠所在A-1區 犯罪率同比上升

鄭遠飛圖文報導



利瑪在會議中作報告。

根據A-1區社區警察小組長利瑪(Tom Lema)5日在波士頓華埠治安委員會9月例會上所公佈的犯罪案件數據，華埠所在的A-1區在今年1月1日至5月25日，較去年

同期總犯罪案件總數量上升6%，為這一階段波士頓13個分區中唯一一個犯罪率上升的區域。

其中，殺人案件由去年同期的1起上升為4起。強姦及企圖強姦為13起。搶劫及企圖搶劫為110起。嚴重襲擊156起。入室盜竊及企圖入室盜竊為唯一一個下降指數，118起。對盜竊及企圖盜竊1430起，較去年多近百起。強姦及企圖

由去年同期的58起升為74起。總案件數量上升100起，上升率為6%。

除華埠外，A-1區還囊括了高人流量的波士頓市中心區域及波士頓公園等。

此外，根據警員博爾傑（Michael Boulger）在會上公佈的信息，華埠司徒麗英公園內近期出現一批喝酒鬧事者，對附近居民造成影響，警方會相應地加強巡邏管理。

# 「童年入境暫緩」 新政實施

總統奧巴馬在6月宣布的新政「童年入境暫緩」，令成千上萬介乎於15-30歲的無身份青年及青少年可以得到行政援助。此次新政的主要目的是為了讓這些年輕的非法移民青年，得到2年的延遲遞境機會令他們可得到更多的學習與進修的機會。

國家國土安全局從8月15日開始接受此次遞延行動「Deferred Action for Children Arrival」的申請。以下列表是國家國土安全局對「童年入境暫緩」申請的資格準則說明：

- 截止2012年6月15日為止，未滿31周歲；
- 於年滿16周歲前入境美國；
- 自2007年6月15日起至今，持續居住在美國境內；
- 於2012年6月15日以及遞交「童年入境暫緩」時，實際居住在美國；
- 於2012年6月15日以前未經檢查之情況下入境，或你的合法身份在2012年6月15日以前失效；
- 目前就學中、已畢業或獲得高中畢業證明；或已獲得普通教育發展證書「General Education Eevelopment」證明；或為美國海岸防衛隊退伍或美國各軍種之榮譽退伍軍人；或者
- 未遭判處重刑、重大行為不良、三次或以上之其他行為不良，且未因任何其他原因對國家安全或公共安全造成威脅者。

在馬塞諸塞州，有許多社區組織或團體提供免費的「童年入境暫緩」申請幫助。包括華美福利會「Asian American Civic Association」、馬薩諸塞州移民和難民權益聯盟「Massachusetts Immigrant and Refugee Advocacy Coalition」、巴西移民中心「Brazilian Immigration Center」、Brazilian Women's Group and Greater Boston Legal Services、愛爾蘭國際移民中心「Irish International Immigration Center」、新美國夢中心「Center for New Americans」和学生移民行動「Student Immigrant Movement」。

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# 華埠休閒新去處：Shojo

作者Anna Ing

近日，一股新派中西混合菜系旋風席捲波士頓華埠：座落於泰勒街9號A單位的Shojo餐廳盛大開業。該餐廳以獨特的半人半猴尋求清酒之河的神秘傳說而命名。在用餐的同時，你可在裝飾牆上找到色彩豐富的可愛掛畫和有關這半人半猴的神秘傳說。店主為擁有20多年餐廳經驗的龍鳳酒樓東家、華埠社區領導人之一的梅沛傑。在提供新鮮的亞式菜系的同時，該餐廳更附設有美味的自創酒類飲品。餐廳充滿時尚現代感，氛圍輕鬆而高雅。梅沛傑的初衷是希望能在華埠開設一個可以讓人徹底放鬆，和朋友享受美食與飲品的地方。他成功了。

我們的第一道菜選擇了當日的特色菜龍蝦濃湯。泡沫狀的松露、安康魚肝、以及用韓式泡菜伴碟的晶瑩通透的龍蝦肉將我們深深的吸引。所有的材料都與龍蝦肉的味道完美的融合在一起。乳豬包是兩個中式的蒸包，包內填滿了美味可口的烤乳豬肉，包外覆蓋了自製的韓式泡菜和燒烤醬，灑在表面的青瓜碎末和墨西哥胡椒更為這道菜添加了活力和熱力。烤乳豬肉是每日新鮮烤製的。我們很快便後悔沒有點更多--這絕對是我品嚐過最好味的包。鴨油薯條亦是一道很美味的

菜色，配上的蒜茸蛋黃醬，味道更是美味。

另外一道當日特色菜為甜辣玉米鮫魚。份量很足，玉米片散落在表面。除了魚醬稍為濃烈，別的味道都是很清淡的泰式風味。我們亦點了紅燒排骨這道菜。排骨很酥軟，與芋泥、中式菠菜、淡淡的八角茴香汁完美融合。芋泥很清淡，與氣味強烈的八角茴香混於一起卻是出乎意料的美味。榮譽大廚Nick Lee之前在Franklin Café工作。對香料有獨特的配製的他所製作的美食不僅在華埠，更在波士頓地區享有盛譽。

我們在用餐時亦點了一些很棒的飲品。店內的糖漿與注入酒都是獨家自製的。非酒精飲料中的本樓湯力水和姜啤都搭配了自製的糖漿，口味很不錯。通常我們都不喜歡湯力水，但是這裡的湯力水含有不同的糖漿混合味道，包括奎寧、苦味、檸檬和梳打水。他們的姜啤姜味混合的很好，沒有過甜或過辣。他們的Dinghow雞尾酒含有杜松子酒、玫瑰酒、檸檬、簡單的糖漿和玫瑰香檳，果味和酒精味搭配得非常好。濃郁的泡沫和清新的口味讓人放鬆。

餐廳的服務非常周到。服務員不需要我們招呼，便會主動的



SOJO的美食。圖片由Anna Ing提供。

為我們添水。我們結帳之後亦沒有服務員來催促我們離開。

華埠多了一個輕鬆飲酒的地方，我為之感到興奮。現時，Shojo只營業晚餐到夜晚11

時，之後計劃提供更多的服務時段和內容。在9月19日，將會有一個多品種烤乳豬嘗試活動，請致電餐廳獲取更多詳盡資訊。

## 美國勞工部長的求職提示

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• 想要重新開始嗎？請瀏覽網站MySkillsMyFuture.org，瞭解基於您現有技能的不同職業，幫您找到適合您的免費訓練計畫，甚至找到您所在地區正在招聘的雇主。該網站還能查到您附近或全國不同工作的薪酬，以及成功找到工作所需的額外技能。

• 不確定甚麼職業適合自己？請瀏覽網站MyNextMove.org，找到最適合自己的工作。您可以填寫一份調查問卷，列

出您的興趣和能力，並獲得超過900種職業的不同就業途徑的建議。此網站還可為您查找當地的學徒與認證計劃，協助您接受訓練，並在高成長產業中找到工作。

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• 家裡沒有連線怎麼辦？我們與全國的地方圖書館合作，確保您總是有一個地方能夠訪問我們的線上資源。大多數美國工作中心也為求職者提供免費上網服務。

• 還有更多問題？歡迎來電垂詢。您可以撥打我們的免費幫助熱線(866) 4-USA-DOL，瞭解最新職業資源。每月有接近16萬人打電話給我們。

美國勞工部[United States Department of Labor]還有其他資源可以幫您找到第一份工作、新的工作或者不同的職業。並且我們的服務完全免費。

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波士頓居民將有優先權，  
家庭人數至少每住房一人。

如需更多合理居住等資訊請致電：  
Avalon at Prudential Center  
電話：617-536-9300

18套全新家庭式公寓及現有的28套家庭式公寓等候名單

單位#	房型	租金	入息限制
4	單間	\$952	65%
7	單間	\$1,179	80%
7	單間	\$1,483	100%
2	單間	\$1,785	120%
1	1房	\$1,105	65%
3	1房	\$1,370	80%
7	1房	\$1,724	100%
9	1房	\$2,078	120%
1	2房	\$1,256	65%
1	2房	\$1,559	80%
4	2房	\$1,963	100%

租金包含電費援助及其他費用

最高家庭人數入息限制				
人數	65%	80%	100%	120%
1	\$44,500	\$54,750	\$68,450	\$82,150
2	\$50,850	\$62,600	\$78,250	\$93,900
3	\$57,200	\$70,400	\$88,000	\$105,600
4	\$63,550	\$78,250	\$97,800	\$117,350



\*租金及入息限制變更將不另作通知。AvalonBay Communities, Inc.





# 何時看醫生與怎樣練氣功



不少聽眾情不自禁地跟著劉京醫師體驗氣功。圖片由牛江河提供。

【本報牛江河圖文報導】波士頓「藝文小集」9月2日的例月演講嘉賓是哈佛大學以色列醫院內科主治醫師，哈佛大學醫學院臨床講師孔學君醫學博士以及中西醫結合醫學博士劉京醫師。

何時需要看醫生幾乎是每個人都會碰到的一個自我判斷、分析並作出決策的過程。一定的醫學知識、以及醫療體系知識無疑將大大有助於這一過程的正確性，從而確保自身的健康和治療。

先後在中美兩國（北京醫科大學第一附院、塔夫茨大學醫學院、哈佛大學以色列醫院）臨床醫學實踐了二十餘年的孔醫師在她的演講中對此提供了一個系統的全面的「圖畫」。涵蓋的主題有三個方面：1，何時健康體檢，針對一般人群不同年齡組的（40歲以下，40-65歲，65-75歲，75歲以上）以及針對特質人群的個體化體檢，癌症，心臟病，糖尿病等普查的內容及注意事項；2常見慢性病何時復診，複診的內容及注意事項；3，有了病症何時就醫，哪些情況要看急診，哪些情況要看門診。對於男性吸煙者開始主動脈瘤的超聲波普查是常常容易忽略的，對需要警覺的急症重症的信號要有足夠的認識。

經驗老到的孔醫師特別強調了那些似是而非的、人們容易輕視大意的、時隱時現的、自己嘗試治療維持而容易延誤就醫的症狀以及注意事項。孔醫師也強調個體差異，各人的情況千差萬別，故而每人體檢的項目可以相當不同，每人的發病特點，表現形式亦各有千秋。良好的醫患關係，充分的溝通交流是很關鍵的環節。

孔醫師還特別提醒大家注意西方人和中國人在體質上、臨床表現，診斷標準上以及治療上的差異及後果。比如許多按西方標準來說並不算肥胖的中國人其實已經有了脂肪肝，的確是中國人的胖子了。我們中國人乃至亞裔的肝炎，肝癌，胃癌，結核等發病率不成比例的高於其它人種已是不爭的事實。再比如中國人對於某些藥物比如beta阻斷劑的敏感性遠遠高於西方人，也就是說中國人只需要很小的劑量就可能降壓。用老美的常規劑量有可能會導致低血壓，甚至以前就發生

過病人暈厥的情況。

氣功也神秘也不神秘。很多人尤其是西方人對這看不見摸不著的「氣功」感到深不可測，神奇奧秘。而其實它就是一種通過以呼吸的調整（調息）、身體活動的調整（調形）和意識的調整（調心）而鍛煉身體的一種方法。

劉京醫師的陰陽氣功是根據傳統氣功和陰陽學說，結合神經-內分泌理論、經絡導引術、太極，愈迦等提煉融合其精髓而成的一種簡易有效的自我保健方法。他對氣功的治病認識可謂深刻：氣功通過調息、意守、調整呼吸之氣，使其逐步達到緩、細、深、長，從而使大腦皮層得以發揮其對機體內部的主導調節作用，使血中含氧量增加，促進全身氣機暢通，加強胃腸消化功能和全身物質代謝、達到疏通經絡、調和氣血陰陽、保健強身、防病治病的目的。

劉京醫生認為：氣功甬管它怎樣雲裡霧罩的，你假如什麼都沒記住，但記住了（掌握了）「（深度而自然的）腹式呼吸」，你就掌握氣功的一半了。腹腔大，胸腔小；胸腔容易往外擴張，胸腔不容易往外擴張；肺上部只佔整個肺部的30-40%，而肺下部佔60-70%。由此腹式呼吸可以加大氧氣的攝取。更重要的是深度腹式呼吸使橫隔膜上的迷走神經受到牽張刺激而反射性的降低交感神經的緊張度從而改善緊張情緒和中樞神經系統對內臟功能的調節而有利於健康狀態的恢復。

劉京醫師為初學者設計的陰陽氣功的八個動式分別是：起式：鬆肩抱腹，龜背雞鳴，展翅環視（正、反掌），太極抱球，抱拳行禮，菩薩合掌，拉弓射箭（陰陽爪）以及行雲流水。

劉醫師講到後來，聽眾都忍不住，一個個先後從座位上站起來，跟著劉醫師動起來，鬆肩抱腹，展翅環視，拉弓射箭——。儘管實際所用的時間是原先預定時間的三倍，聽眾還覺不夠，於是計劃在12月的藝文小集聚會上還繼續氣功的主題。

所有聽眾自始至終聚精會神，興趣盎然。會後又圍住孔醫師和劉醫師問問題，要名片和致謝，表示大有所獲。

# 淺談老年人血糖控制

從統計數據來看，亞裔美國人與白人相比雖然體重較輕，但由於遺傳和環境的因素罹患二型糖尿病的風險卻較高，並且這風險會隨著年齡的增長而增加。許多華裔老人有慢性的糖尿病，也有很多血糖高於正常值，但暫時還沒有發展到糖尿病階段。年歲的增長是自然的不可逆的過程，但健康飲食，適量的運動和理想的體重可以幫助老年人控制糖尿病或減少患糖尿病的風險。

空腹血糖測試是檢驗糖尿病最常用的測試。正常情況下空腹血糖水平應該在70-100mg/dL之間。等於或高於126mg/dL通常意味著你患有糖尿病。在100-125mg/dL之間的一個數字意味著你有「葡萄糖耐受度降低」，這通常被稱為「糖尿病前期」，它使罹患二型糖尿病的風險增加。如果您的空腹血糖值高於126mg/dL，我建議您及早採取行動控制血糖。

為了維持正常的血糖，您應該關注飲食中的碳水化合物。碳水化合物水平高的食物包括糖，澱粉，水果，牛奶和含澱粉的蔬菜，如土豆，玉米等。對於大多數中國老人，澱粉食物，如米飯，麵條，包子是他們的膳食的重要組成部分，所以每餐的澱粉含量應該受到控制。基本原則是每餐的澱粉量都要保持適當以及一致。如果你體重中等且沒有吃餐後甜點的習慣，每一餐吃2/3碗米飯，一杯牛奶，以及一個中等大小的水果就能提供比較適量的碳水化合物。如果你需要嚴格的飲食計以緊密控制血糖，請讓醫生幫你聯係一位註冊營養師。

如果你還沒有特意增加飲食中的纖維質，我建議你開始這樣做來幫助穩定血糖。纖維是一種碳水化合物，但是人體無法消化以及利用纖維質的能量，所以纖

維質本身並不會提高你的血糖。纖維質來自全穀類，蔬菜和水果，豆類，堅果等食品。全麥麩等食物中的不溶性纖維不能完全溶解在水中，它使你的消化道運作良好。燕麥和水果等食物中含有的可溶性纖維如果大量食用可以幫助改善血糖控制，並降低你的膽固醇水平。

身體活動能非常有效的幫助控制血糖，因為它會增加人體對胰島素的敏感性，所以胰島素可以更有效的降低血糖。此外，身體活動可以幫助你預防或控制高血壓，糖尿病患者一個最主要的並發症是心血管疾病，高血壓也是心血管疾病最主要的導致因素。身體活動還可以幫助您達到或維持理想體重，這對於血糖控制也是非常重要的。請嘗試每天至少活動30分鐘，而一周的大多數日子都要達到這麼多的活動量，可以是常規的體育鍛煉，或將每天的活動量疊加起來。

以上這些對老年人來說可能聽起來很多，但所有我們談到的飲食和運動習慣，有助於血糖的同時也應該是我們健康生活方式的一部分。請從今天開始一點點改變，逐步接近良好的血糖控制和一個更健康的你！



孔璋林，營養科學碩士，註冊營養師。中華耆英會全職營養師。

Tufts Medical Center

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申請表格可在以下網址獲取：  
www.peabodyproperties.com  
或致電Peabody Properties以郵寄方式寄給您：781-794-1000

或在以下地方領取：

- Arlington Senior Center  
20 Academy Street, 1<sup>st</sup> Floor
- Housing Corp of Arlington  
20 Academy Street, G-11  
Attn.: Kelly Hunt
- Robbins Library - Arlington  
700 Massachusetts Avenue

2012年入息限制：

人數	30%AMI	50%AMI	60%AMI
1	\$20,550	\$34,250	\$41,100
2	\$23,500	\$39,150	\$46,980
3	\$26,450	\$44,050	\$52,860
4	\$29,350	\$48,900	\$58,680

\*鼓勵Sec 8家庭申請，請預先諮詢更多有關詳情。如需要更多資訊，請致電：81-794-1000。租金與入息要求按照HUD要求而改變，將不另作通知。

### 公眾諮詢會議：

2012年9月13日，星期四  
下午4：00-6：00

### 地址：

Arlington Senior Center  
20 Academy St., 1st Floor  
Arlington, MA

填妥的申請表可郵寄至：

Peabody Properties, Inc., c/o  
Capitol Square, 536 Granite St.,  
Braintree, MA 02184

申請表投遞截止日期：

交付或郵遞應不遲於  
2012年11月1日中午12：00

抽籤會議舉行時間和地點：

2012年11月7日下午2：00  
Arlington Senior Center, 20  
Academy Street, 1<sup>st</sup> Fl., Arlington,  
MA





## 波士頓房屋管理局(BHA) 確定住宅區無煙化

BHA官員Bill McGonagle宣布波士頓公共住宅區即將實現無煙化，整個城市的居民將接到正式通知，從2012年9月30日起，BHA的禁煙附錄開始生效。這一政策有望使波士頓成為全國實行該禁令的最大城市。

「波士頓市走在公共住宅無煙化的前沿，我感到非常自豪，」波士頓市長萬寧諾(Menino)說，「我們所有的居民都應該有一個安全健康的家庭和生活環境。」

波士頓居民家庭簽訂租賃附錄時，戶主們同意，每個家庭成員和客人都應當避免在他們的單元、公寓以及離公寓一定距離內吸煙。那些沒有簽署租賃附錄的居民仍然需要遵守禁煙規定。

「我們很高興，為了我們居民的福祉實施這一規定。」居民McGonagle說。「這將為每個人，特別是兒童，患哮喘的居民和患有肺氣腫和心血管疾病的老人創造一個健康的環境。」

2011年8月，美國住房和城市發展部(HUD)批准了BHA的禁煙政策。BHA還從目前的居民中收到杜絕二手煙的請求。這些請求證明，二手煙危害並造成居民(其中包括不少老人兒童)哮喘，癌症或其他疾病。報告說，在接受調查時，整個城市大約有90%的居民，包括煙民，支持無煙化措施。

根據疾病控制和預防中心

的報告，不存在二手煙的無風險水平，即使是短暫的接觸對健康也都是有害的。二手煙在美國估計每年導致3,400位成年非吸煙者因肺癌而死亡。還導致每年約7,500-15,000個18個月和以下的兒童住院。

「在我的住宅區一直是禁煙的，自從發現有年幼的孩子患哮喘病，這個禁令已經修改多次，」一個已經實行禁煙的居民區Old Colony Phase One的居民Bob Juliano說，「在這裏人們非常遵守規則，很多煙民甚至到對面的路邊去吸煙。」

BHA無煙化政策並不禁止吸煙者在BHA管理的樓房外面吸煙。但BHA明確禁止在樓房內吸煙。違反者無論是住戶還是客人都將被視同對住房租約的違反，可能導致高達250美元的罰款和其它責任。

BHA與波士頓公共健康委員會合作為戒煙者提供戒煙輔導，免費提供尼古丁貼片和其他戒煙措施。

「公園內禁止吸煙，這對孩子們有好處，因為他們需要玩耍」一位Washington Beech的居民Sherdaine Carter說。位於Roslindale的Washington Beech自它重建後就已經禁煙了。「你可以步行通過住宅區，不會遇見吸煙者。」

BHA的無煙化規定及租賃附錄可在BHA的網站上找到。

## 華美福利會第二屆大學日 即將舉辦

繼續追求更高的教育進修，對許多移民社區來說是非常重要的。因為眾所周知，教育是被認為擺脫貧困的階梯。9月11日的華爾街日報所引用的經濟合作與發展組織[Organization for Economic Cooperation and Development]所得出的研究數據指出，擁有大學學歷的人的平均收入，比起那些沒有高中文憑的人的收入，遠遠高於三倍。

華美福利會的青年理事會[The AACA Youth Council]一直致力於促進多樣化人群的高等教育

水品。該理事會的成員較早前在舢舨報紙，發表了一些有關於如果選擇合適的大學的文章。在9月30

日，青年理事會的學生領導們將會在華美福利會主辦第二屆的年度大學日[College Day]。

在去年的首屆大學日里，總共有15間大學到場為超過170名，渴望得到進修機會的人士提供有關於入學要求、校園生活、多元化生活區、金融援助以及申請的過程的諮詢以及現場問題的解答。基於社區對錄取大學和得到大學支持的缺乏，我們的青年理事會決定舉辦第二屆的大學日。屆時，將會有超過30間本地的大學參與到這次活動中。在活動中，我們同時提供免費的中文和西班牙文的傳譯。

大學日將會在9月30日，星期日早上11時至下午1時舉行，舉辦地點：波士頓泰勒街87號[87 Tyler Street, Boston, MA 02111]。歡迎前來諮詢！對那些準備考取大學的準學生來說，獲取他們理想學校的更多諮詢，可以大幅度的提高他們的成功率。請立即預約這個免費活動的名額，請致電617-426-9492 轉206，或發郵件至alucas@aacaboston.org。

## 美中醫學交流學會 第二屆自閉症學術會議



與會者在會後合影。牛江河攝影。

2012年8月26日，美中醫學交流協會(ACMES)在哈佛醫學院附屬McLean醫院舉行第二屆自閉症學術研討會，全天的會議先後有十名麻省及外州的專家教授演講及座談。來自新英格蘭地區，紐約，新澤西等地的醫護人員，科研工作者，患兒家長，社會工作者，律師等共一百五十多人出席了這一盛會。

這次研討大會的主題是自閉症研究及生物醫學治療方面的最新進展。會議由哈佛大學精神病系的講師陳力超博士主持。美中醫學交流協會會長孔學君醫師在開幕詞中指出，自閉症作為一種複雜的神經發育障礙其發病率逐年上升，美國聯邦疾病控制和防治中心CDCDC最新的統計資料表明美國每88名兒童就有1名患有自閉症，全球其他地區的發病率也很接近這個數字，自閉症已成為嚴重的公共健康問題。但其病因不清，迄今沒有有效的治療方法，以致成千上萬的家庭深受自閉症的困擾。

會議的熱點是自閉症研究著名專家瑪莎·赫伯特(Martha Herbert)的為時一小時餘的講演。她是哈佛醫學院麻省總院小兒神經內科專家，剛剛出版新書《自閉症革命》，提出自閉症應被視為一個多系統全身疾患。她在講演中強調了環境因素對發病的重要性；她認為自閉症是環境毒性因素與基因易感性的結合，兩者缺一不可。自閉症近年來發病率急劇上升，有三分之二原因與環境毒素上升有關，另外三分之一可能與早期診斷有關；她認為100多種已知與自閉症有關基因，大多並不起主要致病作用，有的沒有自閉症的人也有這種基因。她認為我們不能改變基因，卻可改變環境因素，以改善這些病理過程及症狀。她指出現今世界環境毒素逐年上升，駭人聽聞的例子舉不勝舉，應引起高度重視。隨著工業發展，大氣污染，農藥殺蟲劑、重金屬、等環境毒素的積累也日益嚴重。而母親孕期營養不良，如缺乏葉酸、必需脂肪酸、維生素D；或妊娠期

病毒感染，過度使用抗生素，服用抗癲癇藥德巴金(Valproate)；以及母親有肥胖、高血壓及糖尿病、自身免疫病家族史等均成為潛在的自閉症誘發因素。由環境致病因素而導致的胃腸功能紊亂，免疫失調、代謝異常、線粒體病變、過敏反應、慢性炎症等病變，可能會影響大腦功能，表現出自閉症的症候群。

會上精湛的內容還包括三個專題座談。上午的「中醫治療自閉症最新進展」的專題講演人是McLean醫院的中藥研究專家李豫偉教授。他在講演中強調了自閉症的炎症和免疫失調問題，並介紹了他多年研究的一種治療關節炎的中藥用於治療自閉症的前景，此藥具有消炎及調節多個免疫靶點的功效。

美中醫學交流學會中醫部主任，中醫及針灸專家劉京博士，介紹了他多年對於自閉症獨到的研究及益生菌的應用。有聽眾提問麻州的醫療保險是否包括針灸。劉京博士說目前還不包括，但他有相應的其它辦法可以幫助患者。麻州中醫學會理事陸蔚東中醫師及章珍珍中醫師結合實例分析肯定了針灸對於緩解自閉症症狀的療效及前景。章珍珍中醫師詳細介紹了她用針灸和火罐對自閉症治療的過程及療效。若是患者害怕退縮時，章醫師就會教家長在子女相關的穴位上推拿，效果很好。此外，她還提倡吃黑色食物、蔬菜以及有機食品。麻州中醫學會會長張群豪中醫師應邀主持了中醫與自閉症的座談並分享自己的臨床經驗，座談會氣氛非常活躍。

會議第二個專題座談是針對自閉症最新研究進展，由資深研究員豫向陽博士主持，兩位講演人從不同角度闡明最新的自閉症研究發現及臨床前景。

會議第三個專題是「生物醫學治療自閉症的依據」，Houston消化酶公司總裁Devin Houston博士的講演談到自閉症患者的消化道菌群失調問題，



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## 亞裔社區受益財政廳長 小型企業銀行合作項目



財政廳長葛羅斯曼（中）與進昇員工合影。

8月29日，麻州財政廳長葛羅斯曼(Steve Grossman)參觀了由亞裔女性所創立的進昇電子公司。該公司通過財政廳長的小型企業銀行合作項目(Treasury's Small Business Banking Partner)從華美銀行(East West Bank)貸得35萬美元的貸款。進昇電子公司是一間由少數族裔女性所擁有的企業，該企業貸款的案例對那些有意在亞裔社區中做生意的小型企業提供了一個信號，就是聯邦政府是打開門做生意的。

葛羅斯曼回顧他在2009年華埠所舉行的圓桌會議中的討論，當時很多業主都表示缺乏技術支持以及資本。他說到：「小型企業銀行合作項目針對這個問題，為小型企業提供了公平的競爭環境。我們鼓勵潛在符合條件的小企業業主申請貸款。小型企業銀行合作項目尤其鼓勵少數族裔及女性所有的企業。自該項目成立以來，已經為麻省經濟的復甦帶來了巨大的動力。」

進昇電子公司是一間電子和機械設備的合約製造商，座落於南波士頓海洋工業園，佔地35,000平方尺。其總裁及創立者湯惠芬在香港長大和接受教育的。在她的領導下，這個全方位服務的製造公司從原來的15名職員擴展到現在70名。現時，生產的主要對象為醫療、國防/國土安全、電信、能源和替代能源等行業。

從華美銀行所借得的貸款將會被用在為公司租用更多的空間以及僱傭10名新的員工，擴大公司的發展。

湯惠芬說道：「有了這筆貸款，進昇電子公司在市場上將會更有競爭力」。

小型企業銀行合作項目動用了如一些大的州立和金融機構在馬塞諸塞州銀行中高達1000萬美元的基金和存款。在新的存款注入資金流動時，銀行與這些企業簽署了一份諒解備忘錄「Memorandum of Understanding (MOU)」，表明他們對資金的意圖，提高企業的貸款組合，讓該資金可以借貸給馬塞諸塞州有信譽的小額貸款企業。截至目前，該項目已借貸給共48間銀行，並產生共3.6億的新貸款。

華美銀行是參與到該項目並簽署諒解備忘錄「Memorandum of Understanding (MOU)」的銀行之一。據華美銀行的高級副總裁葉俊年所提供的資訊，對小企業的貸款優惠主要考慮四點：擁有人、流動資金、抵押品和所持資金。另外，他亦會考察該企業是否有誠信、是否有良好的信譽，是否一個良好的合作公民。而進昇電子公司正式符合了這些條件。

葉俊年說道：「進昇電子公司是一個成功的故事。是一個關於移民如何實現美國夢的故事。在擁有這筆貸款後，進昇電子公司將會為波士頓的經濟創造更多的連鎖效應」。另外，他亦提到，現時已經有4-5間的小型企業正與華美銀行就關於小型企業銀行合作項目進行協商中。

麻省財政部在給予這些社區銀行的所有貸款，是通過保險或擔保的，所有貸款的利率較低。

## 第二屆自閉症學術會議

上接第三版

食物耐受不良問題，及使用消化酶對於部分自閉症患者的臨床效果；康州IDÉA訓練及諮詢中心Sally Brockett主任，介紹了自閉症患者的聽覺整合障礙，聽覺整合療法的應用實例。麻州Framingham私立診所主治醫師Carol Englander，則就自閉症患者的種種生物指標的異常，包括維生素缺乏，消化失調，免疫異

常，感染，化學毒素等，糾正這些問題使自閉症得以症狀改善。這一座談由麻省總院張毅醫師及吳震研究員主持。講演後大會播放了大平原實驗室總裁William Shaw博士的講演錄相「自閉症與環境毒性化學物質」。

他們的講演深入淺出，聽眾競相提問，氣氛極為熱烈。（ACMES供稿）

## 塔芙茨醫療中心 先鋒健康系統共啓 全新醫療健康計劃

塔芙茨醫療中心與先鋒健康系統在8月31日公佈消息：他們即將贊助一項全新的醫療健康計劃，米尼特曼醫療保險計劃「Minuteman Health Initiative」，現已從聯邦醫療保險和聯邦醫療輔助計劃服務中心「Centers for Medicare and Medicaid Services」貸款共8,850萬美元的聯邦資金。

根據這則消息，這個全新的非牟利健康醫療保險為馬塞諸塞州的居民提供了一個低保費、高品質的服務，其高透明高效率的特徵，可讓醫生、病人和雇主更加滿意。這個醫療保險計劃的大部分參保者都可以有米尼特曼董事會的選舉權。所有計劃中的盈餘將會通過降低保費或擴大覆蓋率的方式，回饋給參保者。

米尼特曼的網絡將會包含塔芙茨醫療中心的醫院和醫生、兒童流動醫院、新英格蘭醫療優質醫療聯盟的所有醫生、先鋒旗下的邁初威斯特醫療中心「MetroWest Medical Center」和聖雲仙醫院「Saint Vincent Hospital」。

塔芙茨醫療中心和流動兒童醫院的總裁及首席執行官Eric Beyer說道：「這種聰明的健康醫療計劃的新模式，將會進一步

的提升我們的傳統性醫療保險的改革，我們將專注於質量和效率，為更多小型企業和個人提供了更多新的健康醫療保險選擇。

米尼特曼的成員將可更方便的查詢到他們的醫療記錄，服務供應商將可看到他們的病人正接受怎樣的醫療服務，從而更好的進行管理。

雇主亦可以被允許訪問他們的員工的整體健康信息，從而去定制更適合他們僱員的供應商，以及保險的成員可查看不同供應商的服務費用，令他們可以更好的規劃他們的未來費用。

州議員Mike Capuano說道：「米尼特曼醫療保險計劃是馬塞諸塞州的第一個通過平價醫療法(Affordable Care Act)而創立的項目。平價醫療法鼓勵創新的結構和合理的健康計劃，作為醫院和醫生可以更好的控制成本，提供醫療的質量。」

得到來自於馬塞諸塞州保險部門的批核後，根據聯邦醫療保險和聯邦醫療輔助計劃服務中心的要求，米尼特曼醫療保險計劃將會在2014年以前開始服務於投保成員。這個計劃將可通過州健康保險服務器或通過經紀人銷售渠道加入。

## 2012年波士頓高中排名

根據波士頓雜誌在9月發表的2012年波士頓最佳高校排名，根據15種不同的數據類別得出前50名波士頓市區與郊區公立高中。維斯頓高中「Weston High School」被評選為馬塞諸塞州的最佳公立高中。

最好的前十名高中分別是：維斯頓高中「Weston High」，萊剋星頓高中「Lexington High」，多佛-捨博區高中「Dover-Sherborn Regional High」，康科德-卡萊爾「Concord-Carlisle High」，維斯里初高中「Wellesley Senior High」，衛蘭高中「Wayland High」，牛頓南校高中「Newton South High」，莎倫高中「Sharon

High」，艾克頓-博思實路區高中「Acton-Boxborough Regional High School」和貝德福德高中「Bedford High School」。

該列表是根據波士頓雜誌在夏季所做的年度深入調查數據得出。今年的關注點主要在公共高中，並通過馬塞諸塞州的小學與中學教育部門的數據庫中得出。

這個排名是通過13種不同的數據顯示而所作出的排名。主要著重於學術方面，包括基於MCAS分數、SAT分數和AP測試。亦同時包括學生入高校比率和學生畢業比率。師生比例、平均費用、運動隊和俱樂部數量亦同時在考慮之內。

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## 麻州副州長添莫利 進華埠聆聽民眾心聲



添莫利（右四）與與會者在會後合影。

9月10日，在華美福利會「AACA」主辦下，馬塞諸塞州副州長添莫利「Tim Murray」美國華裔社區的居民在唐人街舉行了一次面談會。

會上，添莫利一再強調州長的理念是「擁抱多樣性」，他亦提到州政府一貫致力確保勞動力的成份構成能夠持續地反映出國家日益增長的各個種族成份。

根據2010年度的人口普查，從2000年至2010年，美國的亞裔人口增長率遠遠多於其他的種族人口。亞裔人口佔據馬塞諸塞州總人口的5.6%，在波士頓比例則更高，為8.9%。

在「擁抱多樣性」執政概念的影響下，在過去的5至6年間，州政府行政部門的董事會和委員會的亞裔人數顯著上升。現時，與上屆政府只有1名亞裔成員相比，州政府的隊伍裡已有超過70名亞裔委員。

添莫利強調到：「你們的聲音、你們的宣傳，以及更重要的，你們的參與，對我們而言非常重要，促使我們作出更多的改變。」

在會議上，中英雙語言的投票法案更是當日聽眾關注的主要話題。

華埠居民會聯合主席余仕昂「Henry Yee」在會上說道，他對在雙語投票的進程感到非常的失望。

余仕昂說道：「華裔社區為雙語投票法案進行了7年的奮鬥，我們不希望還需要再一個7年的時間。」

添莫利對此回復說道：「基本上，我們會支持和鼓勵那些可以讓人們更容易去投票的一切事情。」

在會議結束時他亦提到，他期待接下來會有更多的與華埠居民對話的機會。



華人醫務中心員工與衛優俊（中）合影。



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## 華人醫務中心四十週年慶典

上接英文頭版

唐哲君亦認為在華人醫務中心作義工時，最開心滿足。

波士頓第五頻道電視台（WCVB-TV5）的記者伍沅媚（Janet Wu）擔任該晚的司儀。麻州公共衛生廳委員奧爾巴赫（John Auerbach）、哈佛先鋒醫學協會（Harvard Vanguard Medical Associates）理事長石原（Carl Isihara）亦被邀請在慶祝會上發表講話。

麻州公共衛生廳委員奧爾巴赫在會上大力讚揚了華人醫務中心對社區超過40年的傑出奉獻。他認為華人醫務中心對其他的醫療中心來說，是一個很好的效仿

榜樣。他亦形容新成立的昆士醫療診所為「馬塞諸塞州最美麗的醫療健康診所」。

理事長石原亦在慶祝會上與聽眾一起分享了他作為移民的個人體驗。他強調了社區健康醫療服務的重要性。

當晚，州議會成員基汀（William R. Keating）和州議員代表陳德基亦出席了慶祝典禮。在慶祝會上還播放了一段介紹了華人醫務中心40年歷史的特別紀錄片。僑領陳毓禮以及其他華人醫務中心的支持者都在紀錄片中表達了他們對華人醫務中心的祝賀。

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